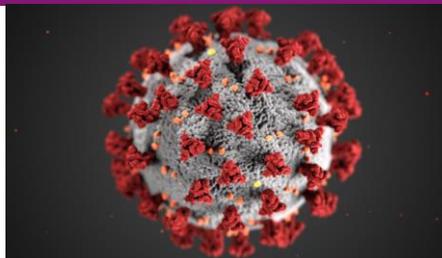


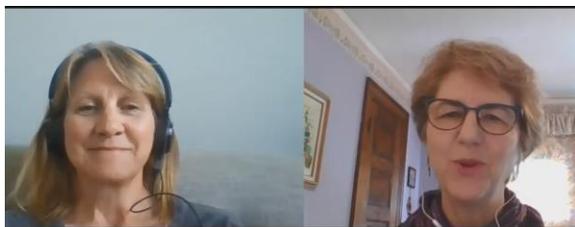
Mental Wellness during COVID-19

Special edition newsletter series from the Office of Children's Mental Health (OCMH)



May 13, 2020

To access this newsletter online and connect to the embedded web links please visit children.wi.gov. A link to the newsletter is on the Home page.



Linda Hall, OCMH (right), interviews Beth Herman, Department of Public Instruction, DPI (left).

Collective Impact Partner Interview

OCMH is checking in with collective impact partners to see how the pandemic is affecting their work and how children's mental health might be affected long term. Linda Hall, OCMH Director, speaks with Beth Herman, School Mental Health Training Consultant at the Department of Public Instruction (DPI). Beth shares how DPI is supporting educational work in a virtual world. [Watch this interview](#). Check out [prior interviews](#).

May is Mental Health Awareness Month

Children's mental well-being is the focus of OCMH, and we have a number of initiatives we'd like to share with you:

- **May Fact Sheet – Supporting Child Well-Being through [Prioritizing Children's Mental Health](#).**
- **Images and stories** – of teens sharing their story to help reduce stigma and emphasize the importance of peer support. Find them [here](#).
- **Virtual Listening Session** – The Wisconsin Office of Children's Mental Health is hosting a Virtual Listening Session on Thursday, May 21st for young people ages 13 – 26. We would like to hear from teens and young adults on what the biggest mental health issues are for youth in our state. Learn more and/or register [here](#).

Lived Experience Partner

OCMH Lived Experience Partners share thoughts on supporting mental wellness through COVID-19.

Molly Doreza

The Rev. Molly Doreza is Interim and Bridge Pastor of Bethlehem and Bethel Lutheran Churches, Muskego, WI.

COVID-19 reminds us of the gravity of communal pandemic and its devastating impact on all of us. While we experience this crisis we cannot ignore the crisis of addiction which rages even more with the isolation and fear we are experiencing in our communities. In each of these crises the statistics of suffering and death testify to the urgency of a response. I speak from a place of personal loss and experience.

Nearly three years ago my son, a brilliant, talented and loving man – six years sober – lost his life to an opioid overdose. In abject grief, I and my family struggled to cope, especially as we cared for his two young children. I knew the loneliness that others were experiencing and wanted to do something. [Read Molly's complete message](#).



Molly Doreza also co-chairs the Greater Milwaukee Synod Task Force on the Opioid and Substance Abuse Crisis.



The power of a photo...to shift our thoughts and relax us in times of stress. This photo (left) was taken by OCMH Director Linda Hall at the Olbrich Gardens in Madison, WI.

“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”

- Brené Brown

Taking Care of You

Self-Care is important particularly during COVID-19

- When you are too busy and too tired for a self-care practice what do you do? [Here are 10 tips.](#)
- Reaching beyond the daily grind for mental health renewal in the midst of COVID-19 can help you achieve balance and a sense of control. Here are [13 things you can do now.](#)
- Building inner strength for parents can help you keep it together during times of stress. Take a look at the [Five for Families resources.](#)

Great Things Young People are doing during COVID-19

We’ve been inspired by the great stories we’ve heard about young people doing positive work in their community during the pandemic. Below are just a couple of things we’ve heard about:

- Madison teens “Go Go Grocery” shopping for those at risk to coronavirus. [Read about it.](#)
- Middleton family starts a student produced newspaper. [Read about it.](#)

Health Insurance Options for the Uninsured

The Office of the Commissioner of Insurance (OCI) has a three-page [guide to insurance](#) options for Wisconsin who have lost their health coverage. Kid’s Forward offers the key points of this guide. Find that [here.](#)

Accessing Mental Health Tool – Seeking Input

The Service Access and Family Engagement Committee of the Trauma and Recovery Project (TARP) is seeking input on a tool for families on accessing mental health services and what families can expect. Complete the [survey](#) by May 18th

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Passive Communication

Unnecessarily apologetic. Overly "nice" and spoken in soft or hushed tones.

"Hiding" by looking at the ground or slumping shoulders over.

Has difficulty saying "no" and will please others at the expense of themselves.

Using speech qualifiers: "I'll try" "I believe" "It's possible" "I think" "Maybe"

Assertive Communication

Direct, honest, and concise. Not overly emotional or aggressive.

Direct eye contact with a confidence stance of head up and shoulders back.

Leads without being bossy. Remains empathetic while setting boundaries.

Using strong speech: "I disagree" "I conclude" "I am confident that..."

"Raise your words, not your voice. It is rain that grows flowers, not thunder." – Rumi

Posted in r/[SelfCareCharts](#)



Office of Children’s Mental Health
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